

Therapist
Counselor
Coach
Teacher
Cheerleader



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Mother/Physician/Teacher
Coach.....
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Engagement

- ✦ Establish a relationship based on mutually agreed upon tasks and goals within a trusting bond created through shared experiences, empathy, encouragement and understanding=working alliance

Agreements

- ✱ Show up on time
- ✱ Follow-through with assignments
- ✱ Honesty



Feeling/Attitudes towards player

- ✦ Countertransference



Feelings/Attitudes towards coach

- ☀ Transference

Positives of Change

- ☀ I will be a more successful and consistent player
- ☀ I might enjoy myself more
- ☀ I won't be embarrassed to play with others
- ☀ I will feel better about myself

Negatives of Change

- ✱ I will have to work very hard
- ✱ I will have to practice
- ✱ I will have to give up my old way of doing things
- ✱ Change won't happen over night
- ✱ It requires commitment



“Ninety percent of the game is
half mental.”

✴ -Yogi Berra

Goals

- ✱ Improve skills
- ✱ Sportsmanship
- ✱ Self-Esteem.....How we are inside-greatest determinant to success

Tasks

- ✱ Evaluation of tennis game by careful examination of strokes, foot-work, positioning
- ✱ Weekly assignments
- ✱ Practice outside of session
- ✱ Self-evaluation

Pattern Recognition

- ✱ Current grip leads to ineffective top spin
- ✱ Poor follow-through leads to ball in the net
- ✱ Poor foot positioning leads to many double-faults

Pattern Recognition

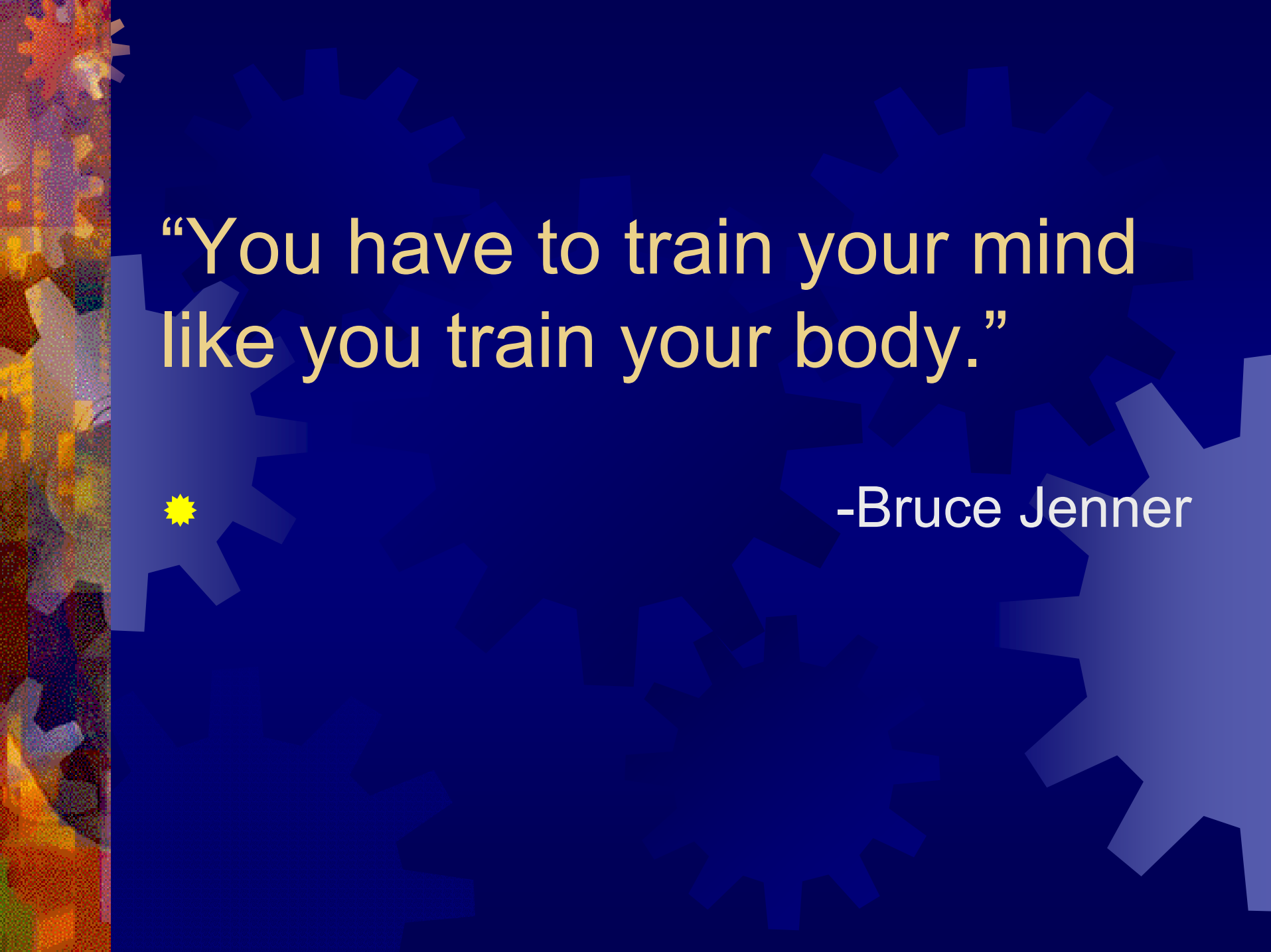
- ✱ Poor physical conditioning leads to ineffective positioning and balls over the fence
- ✱ Fixed expectations leads to belief that she should be a serve and volley player when in fact she shows more promise if she stays on the baselining
- ✱ Perfectionist style lead to swearing on the court
- ✱ Self-criticism leads to long periods between returning to the court

New Patterns Emerge

- ✦ Belief that 2 successful forehands in a row=overwhelming success and readiness to move onto the backhand

Strategies

- ✱ Various grips—try one to lead to desired topspin..if doesn't work try another
- ✱ Agility training for footwork..several ways to achieve this
- ✱ Physical conditioning-exercise bike vs. running vs. aerobics
- ✱ Identification of distorted beliefs concerning perfectionism




“You have to train your mind
like you train your body.”



-Bruce Jenner

Secret #1

- ✱ Keep your focus on the essential process until it is complete
- ✱ In other words make sure you have completed one thing before you move onto the next (complete what most needs completion before moving on to the next)



“Each point I play is in the now
moment. The last point
means nothing, the next point
means nothing.”




-Billie Jean King

Perfectionism

- ✱ Player focusing on end result instead of enjoying the game
- ✱ Identification of failures instead of steady improvements
- ✱ Game is no longer fun

Swinging

- ✱ Swinging the racket feels good and is fun
- ✱ When it stops being fun you might be pushing too hard or too fast
- ✱ Ease up



“When you have fun, it
changes all of the pressure
into pleasure.”



-Ken Griffey SR

On being teachable

- ✱ Remember, your mind is like a parachute. It only works when it is open.
- ✱ What did you learn today?
- ✱ There's always only something to learn
- ✱ Success=openness to learning



Termination

- ✦ Once the player has recognized part of her game was not working, she was able to develop some ideas about what might work.
- ✦ She then practiced and found out what new techniques did work until they became second nature
- ✦ She remained open minded and knew there would always be something to learn from others
- ✦ She no longer needed lessons on a regular basis but now had the tools she needed to succeed

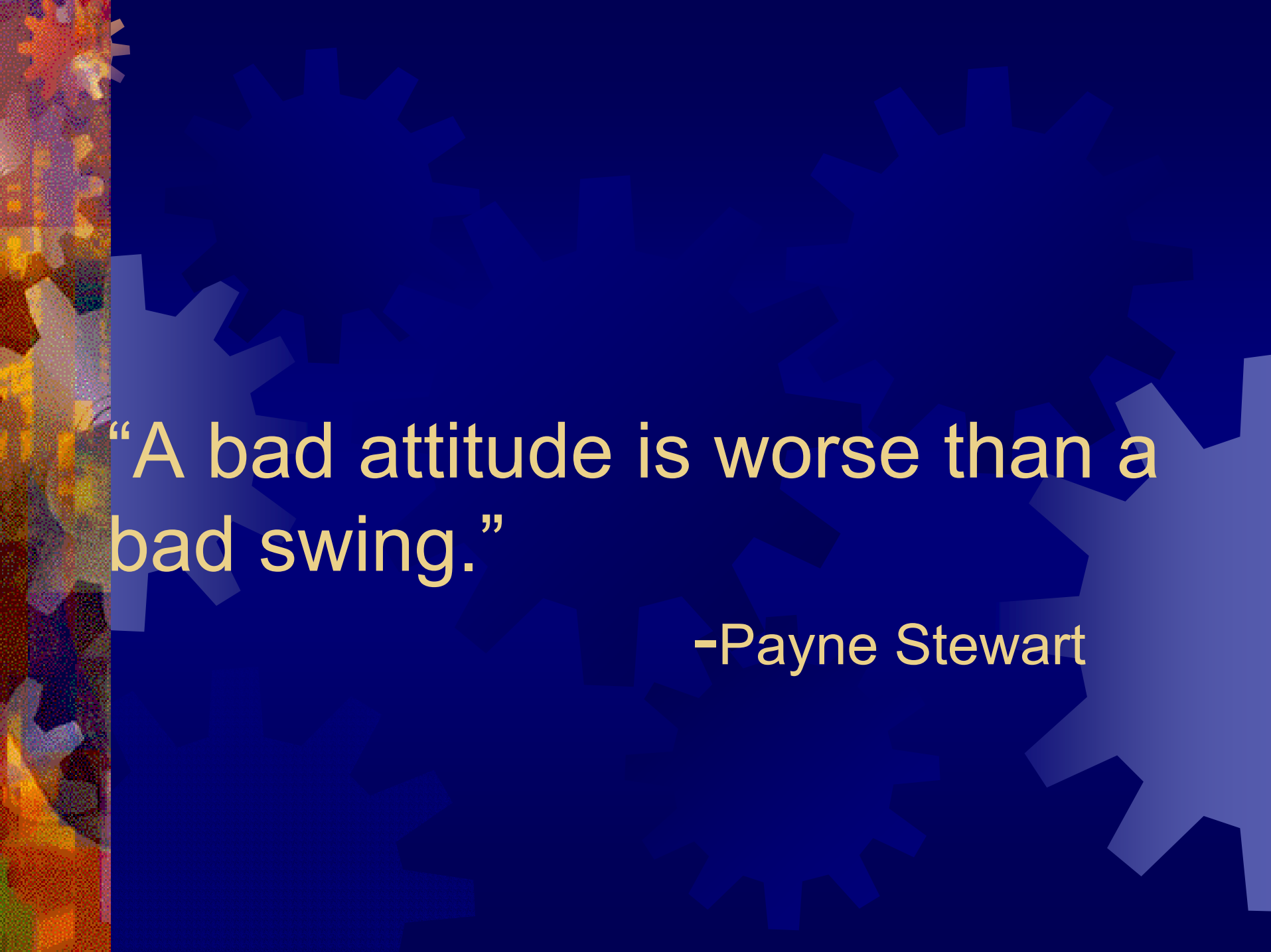


Books:

Conscious Golf by Gay Hendricks

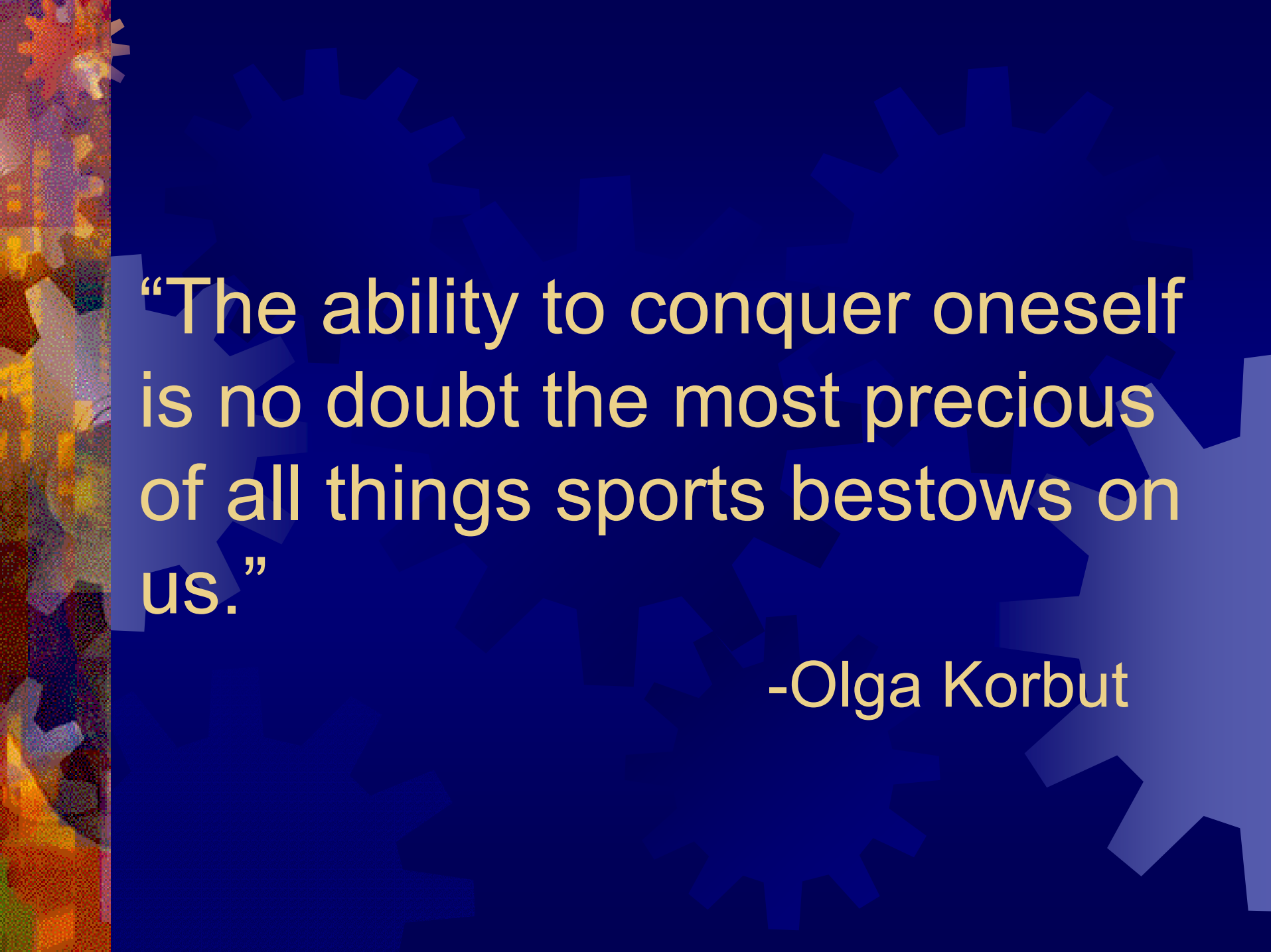
The Right Questions by Debbie
Ford

Mind Gym by Gary Mack



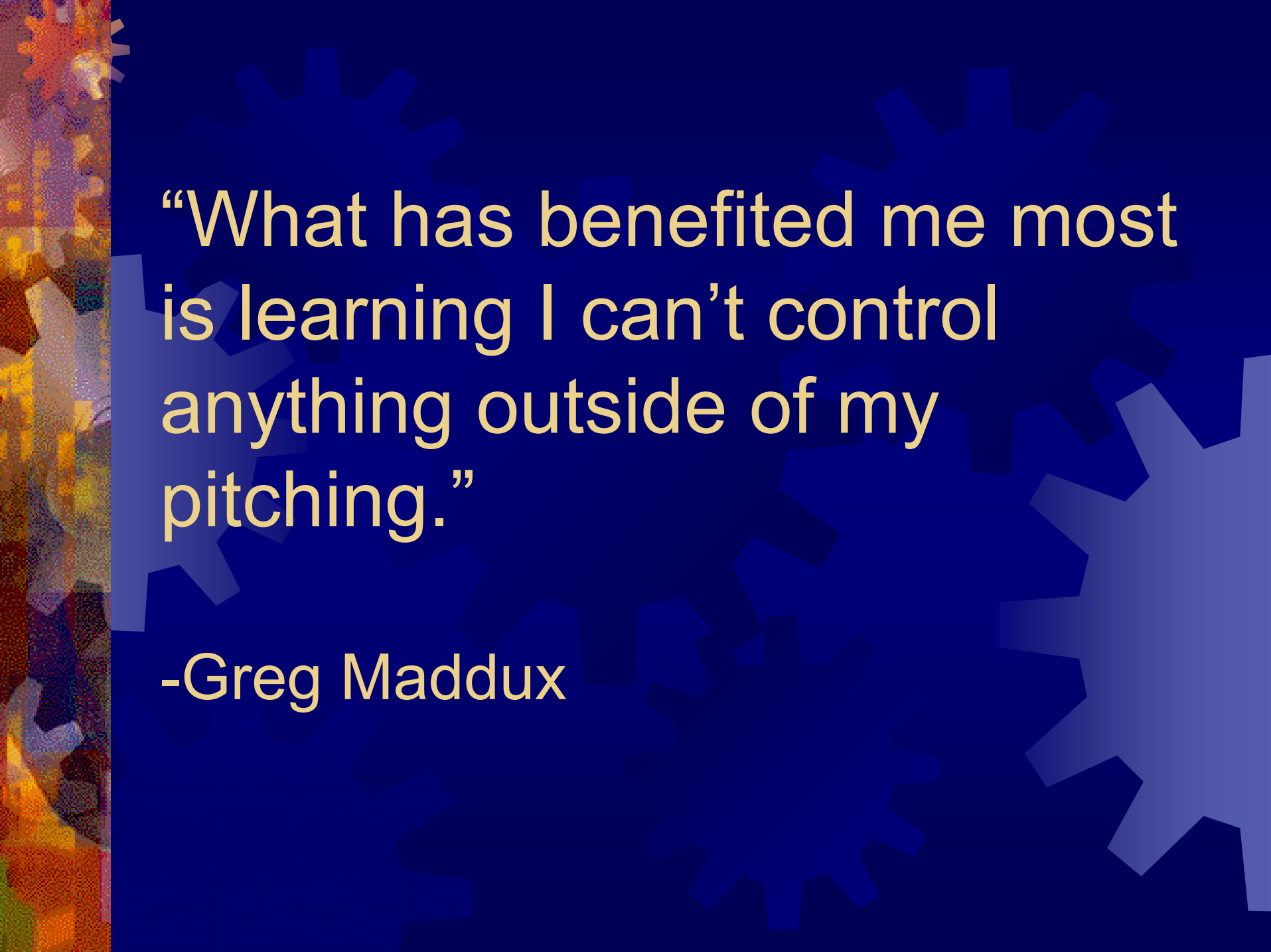
“A bad attitude is worse than a
bad swing.”

-Payne Stewart



“The ability to conquer oneself
is no doubt the most precious
of all things sports bestows on
us.”

-Olga Korbut



“What has benefited me most is learning I can’t control anything outside of my pitching.”

-Greg Maddux